

low FODMAP menus for a week

GET RELIEF FROM DIGESTIVE DISCOMFORT WITH THIS SCIENTIFICALLY PROVEN DIETARY APPROACH THAT REDUCES CERTAIN CARBOHYDRATE-RICH FOODS THAT CAN OVER-FUEL GUT BACTERIA.

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DAY 1

BREAKFAST

¼ cup (dry) cream of buckwheat cereal cooked with 1¼ cups lactose-free lowfat milk; top with ½ medium ripe banana*
Peppermint Hot Cocoa (see recipe 1, page 3)

MORNING SNACK

6 FF brown rice crackers**
1 tbsp natural almond butter

LUNCH

Quick Hamburger: 2 slices FF bread**, 4 oz broiled lean ground beef patty, 1 slice tomato, ¼ cup baby spinach and 1 tsp FF Dijon mustard**
1 cup carrot sticks
½ cup raspberries* (fresh or frozen)

AFTERNOON SNACK

1 oz FF gluten-free pretzels**
½ oz FF dark chocolate**

DINNER

Stir-Fry Shrimp & Noodles (see recipe 2, page 3)
Raw Zucchini Spring Rolls with Lime Cashew Dipping Sauce (see recipe, page 3)
1 kiwifruit*

Daily total: 1811 cal, 63g fat (17g mono, 7g poly, 16g sat), 179mg chol, 1,914mg sodium, 238g carb (27g fiber, 65g sugars), 85g protein

DAY 2

BREAKFAST

½ cup FF cornflakes**, top with 2 tbsp chopped walnuts*, ½ cup frozen wild blueberries* and ⅓ cup lactose-free lowfat milk
10 oz FF plain lowfat kefir

MORNING SNACK

2 tbsp dry-roasted sunflower seeds*

LUNCH

Turkey Sandwich: 2 slices FF bread, 3 oz thin sliced turkey breast, 1 oz reduced-fat cheddar cheese, ½ cup spinach, 2 slices tomato and 2 tsp FF Dijon mustard
1 oz FF gluten-free pretzels
1 cup carrot sticks
1 kiwifruit*

AFTERNOON SNACK

½ cup cucumber slices
½ cup sweet red pepper strips

Yogurt Dill Dip (see recipe 3, page 3)

DINNER

Pasta with Meat Sauce:
1 cup cooked (2 oz dry) corn pasta; top with ½ cup FF pasta sauce, 3 oz cooked lean ground beef crumbles, ½ cup cooked baby spinach and 1 tbsp shredded Parmesan cheese
½ cup FF raspberry sorbet*
2 FF gluten-free cookies*

Daily total: 1791 cal, 61g fat (9g mono, 16g poly, 17g sat), 176mg chol, 2,527mg sodium, 226g carb (23g fiber, 87g sugars), 90g protein

DAY 3

BREAKFAST

2 Egg Muffins (see recipe 4, page 3)
2 oz pork loin cutlets, broiled
1 small orange*
8 oz lactose-free lowfat milk

MORNING SNACK

3 cups air-popped popcorn with dash of salt

LUNCH

Pasta & Chicken: 1 cup cooked (2 oz dry) corn pasta; top with ½ cup FF pasta sauce, 3 oz cooked chopped skinless chicken breast, ½ cup cooked baby spinach and 1 tsp shredded Parmesan cheese
1 kiwifruit*

AFTERNOON SNACK

8 FF brown rice crackers**
1½ oz reduced-fat cheddar cheese

DINNER

Hamburger Casserole (see recipe 5, page 3)
Baked Zucchini Wedges (see recipe 6, page 3)
½ cup FF raspberry sorbet*
2 FF gluten-free cookies*

Daily total: 1,820 cal, 55g fat (17g mono, 5g poly, 20g sat), 566mg chol, 2,367mg sodium, 208g carb (26g fiber, 80g sugars), 124g protein

DAY 4

BREAKFAST

Toast: 2 slices FF bread with 1 tbsp FF raspberry spread*
1 hardboiled egg sprinkled with black pepper
½ medium ripe banana*
8 oz FF plain lowfat kefir**

MORNING SNACK

6 oz FF lactose-free plain low-fat yogurt**
1 tbsp chopped walnuts

LUNCH

Cornflake-Crusted Pork Cutlets (see recipe 7, page 3)
Zucchini Ribbons (see recipe 8, page 3)
½ cup cooked brown rice
½ cup raspberries (fresh or frozen)*
2 FF gluten-free cookies*

AFTERNOON SNACK

1 oz FF gluten-free pretzels with 1½ tbsp FF Dijon mustard for dipping
8 oz lactose-free lowfat milk

DINNER

Dilly Baked Salmon (see recipe 9, page 3)
½ cup cooked butternut squash* with 1 tsp butter
Spinach Salad: 2 cups baby spinach, ½ cup chopped tomato, ½ cup chopped red pepper and Vinegar & Oil Dressing (see recipe 10, page 3)
½ cup raw pineapple*

Daily total: 1,808 cal, 64g fat (19g mono, 9g poly, 20g sat), 361mg chol, 2,110mg sodium, 207g carb (21g fiber, 86g sugars), 106g protein

DAY 5

BREAKFAST

2 Egg Muffins (see recipe 4, page 3)

Toast: 1 slice FF gluten-free bread; top with 1 tsp butter and 1 tsp FF raspberry spread*

8 oz FF plain lowfat kefir

MORNING SNACK

6 FF brown rice crackers**

1½ oz reduced-fat cheddar cheese

LUNCH

Italian Salad: 3 cups baby spinach, ¼ cup grated carrot, 1 tbsp Parmesan cheese and Vinegar & Oil Dressing (see recipe 10, page 3)

Chicken Noodle Soup (see recipe 11, page 3)

½ cup raw pineapple**

AFTERNOON SNACK

4 cups air-popped popcorn; after cooked, spray with nonstick cooking spray and sprinkle with 1 tsp FF Italian seasoning**

DINNER

Leftover Cornflake-Crusted Pork Cutlets (see Day 4 Lunch)

Baked Zucchini Wedges (see recipe 6, page 3)

1 medium baked potato with 1 tsp butter

Ambrosia Salad*: ½ small orange, ¼ medium ripe banana (sliced) and 2 tbsp shredded unsweetened coconut

Daily total: 1794 cal, 67g fat (22g mono, 6g poly, 27g sat), 508mg chol, 2,273mg sodium, 180g carb (21g fiber, 47g sugars), 124g protein

DAY 6

BREAKFAST

¼ cup (dry) cream of buckwheat cereal cooked with 1¼ cups lactose-free lowfat milk; top with ½ cup wild blueberries* (frozen, thawed), 2 tbsp chopped walnuts* and 1 tsp sugar

MORNING SNACK

1½ oz FF gluten-free pretzels

1 oz FF dark chocolate*

LUNCH

Shrimp Spinach Salad: 3 cups baby spinach, 2 oz medium boiled shrimp, 1 boiled and chopped egg, ½ cup chopped tomato, 1 tbsp sunflower seeds and Vinegar & Oil Dressing (see recipe 10, page 3)

8 FF brown rice crackers

½ cup raw pineapple**

AFTERNOON SNACK

6 oz FF lactose-free plain low-fat yogurt

½ tsp chopped walnuts

DINNER

1 serving leftover Hamburger Casserole (see Day 3 Dinner)

½ cup cucumber slices

½ cup red pepper strips

Ambrosia Salad*: ½ small orange, ¼ medium ripe banana (sliced) and 2 tbsp shredded unsweetened coconut

Daily total: 1,796 cal, 67g fat (14g mono, 14g poly, 24g sat), 373mg chol, 1,876mg sodium, 228g carb (23g fiber, 78g sugars), 80g protein

DAY 7

BREAKFAST

Toast: 2 slices FF gluten-free bread; top with 1 tbsp FF raspberry spread*

1 hardboiled egg sprinkled with black pepper

1 small orange*

8 oz lactose-free lowfat milk

MORNING SNACK

8 FF brown rice crackers

1 oz reduced-fat cheddar cheese

LUNCH

Grilled Cheese Sandwich: 2 slices FF gluten-free bread spread with 2 tsp butter, and topped with 1½ oz reduced-fat cheddar cheese and 2 slices tomato, then pan-fried

1 cup carrot sticks

1 cup sweet red pepper strips

Yogurt Dill Dip (see recipe 3, page 3)

1 kiwifruit*

AFTERNOON SNACK

Peppermint Hot Cocoa (see recipe 1, page 3)

2 tbsp walnut halves*

DINNER

4 oz broiled sirloin steak

½ cup cooked butternut

squash* with 1 tsp butter

½ cup cooked brown rice

5 tomato slices

½ cup FF raspberry sorbet*

Daily total: 1,820 cal, 64g fat (10g mono, 11g poly, 25g sat), 363mg chol, 1,596mg sodium, 212g carb (24g fiber, 103g sugars), 100g protein



What is a low FODMAP diet?

FODMAP stands for Fermentable, Oligosaccharides (including fructans such as wheat, onions, and garlic, and galactans such as legumes), Disaccharides (lactose), Monosaccharides (fructose), And Polyols (sorbitol, maltitol, mannitol, xylitol, polydextrose, and isomalt), which are types of carbohydrates.

A low-FODMAP diet typically restricts such carbohydrates for 2 months, during which time FODMAP-related symptoms, such as bloating, gas, abdominal pain, diarrhea, and/or constipation should improve, if diet is the cause.

After this strict diet, you methodically reintroduce the different types of FODMAPS (ideally, under the supervision of a nutrition expert) to determine your individual tolerance. For more information about low-FODMAP diets, visit these websites:

- blog.katescarlata.com
- ibsfree.net
- shepherdworks.com.au

* Do not exceed portion sizes for these items. Ideally, fruit servings should be eaten at least 3 hours apart.

** FF = FODMAP friendly; Check our shopping list on page 4 of this PDF for brand recommendations.

Quick Recipes to Complete Your Menus

(each makes 1 serving unless otherwise noted)

1. Peppermint Hot Cocoa

In a saucepan over medium heat, heat 1 cup lactose-free lowfat milk and 1 tbsp cocoa powder until hot. Remove from heat and add 6 drops liquid stevia extract and 1 drop food-grade peppermint essential oil or peppermint extract.

2. Stir-Fry Shrimp & Noodles

Soak 2 oz thin brown rice Asian noodles in hot water for 6–8 minutes or until soft; drain. In a skillet, heat 1 tbsp oil. Add ½ cup green beans and stir-fry until tender, 6 minutes. Add 3 oz medium peeled shrimp; stir-fry until shrimp turns opaque and pink. Add drained noodles and 1 tbsp FF reduced-sodium tamari soy sauce to pan and cook briefly to warm.

3. Yogurt Dill Dip

In a bowl, combine 3 oz lactose-free low-fat plain yogurt, 2 tsp fresh (or 1 tsp dried) dill weed, and 2 tsp chopped walnuts.

4. Egg Muffins

Preheat oven to 350°. Line 4 muffin cups with parchment paper baking cups. Brown 2 oz lean ground beef. Beat 4 large eggs. Combine beef, eggs, 2 tbsp reduced-fat shredded cheddar cheese, ½ cup chopped zucchini, ½ cup chopped sweet red pepper, and a dash of salt and pepper. Pour mixture into prepared muffin cups. Bake 18–20 minutes or until toothpick inserted in center comes out clean. Makes 4 muffins.

5. Hamburger Casserole

Preheat oven to 350°. Brown 1 lb lean grass-fed ground beef crumbles. Cut 1½ cups thin, round carrot slices. Cut 3 medium white potatoes into thin slices. Layer ingredients in a 2½-quart casserole dish in this order: beef, carrots then potatoes, sprinkling each layer lightly with salt and pepper. Combine 1 cup strained jarred tomatoes and 1¼ cups water; pour over top of casserole. Cover dish and bake for 90 minutes. Makes 4 servings.

6. Baked Zucchini Wedges

Preheat oven to 350°. Cut 1 medium zucchini lengthwise into four wedges. Brush wedges with oil and place, peel side down, on a broiler pan. Combine 2 tbsp Parmesan cheese and 1 tsp FF Italian seasoning; sprinkle over wedges. Bake until tender, about 15 minutes, then broil for 2 minutes.

7. Cornflake-Crusted Pork Cutlets

Preheat oven to 350°. Line a baking sheet with foil. Place a cooling rack on baking sheet. Crush 1 cup FF cornflakes in a plastic bag with a rolling pin. Beat 1 egg and add a dash of salt and pepper. Dip 8 oz of thin pork cutlets into beaten egg, then press both sides of cutlets into cornflakes; place on prepared rack. Bake until pork is cooked through, about 15 minutes. Makes 2 servings.

8. Zucchini Ribbons

Run a vegetable peeler lengthwise down 1 medium zucchini to create thin ribbons. In a skillet, heat 2 tsp oil over medium. Sauté ribbons until tender. Remove from heat and sprinkle with 1 tbsp Parmesan.

9. Dilly Baked Salmon

Preheat oven to 350°. Place 4 oz salmon on a piece of foil large enough to wrap the fish. Drizzle 1 tbsp lemon juice over salmon, then sprinkle with ½ tsp fresh (or ¼ tsp dried) dill weed. Seal salmon in foil and place in a baking dish. Bake for 25–30 minutes or until fish flakes easily.

10. Vinegar & Oil Dressing

Combine 1 tsp distilled white vinegar, 2 tsp extra-virgin olive oil, ¼ tsp dried oregano leaves, ¼ tsp dried basil leaves, and a dash of salt and pepper.

11. Chicken Noodle Soup

Combine 1½ cups FF chicken bone stock, 2 oz chopped cooked boneless, skinless chicken breast, 1 oz (dry) thin brown rice Asian noodles, and a dash of salt. Heat until noodles are soft and soup is hot.



Raw Zucchini Spring Rolls with Lime-Cashew Dipping Sauce

Serves 6, Gluten Free, Vegan, Raw

FOR THE DIPPING SAUCE:

- ½ cup raw cashew or almond butter
- 4 fresh kaffir lime leaves
- 1 tablespoon nama shoyu (or tamari)
- 1–2 small Thai chiles (seeded, to taste)
- 2 tablespoons fresh lemon juice (about 1 lemon)
- ½–¾ cup filtered water (as needed)

FOR THE SPRING ROLLS:

- 3 medium-large zucchini (divided)
- ½ cup fresh basil leaves
- ½ cup fresh cilantro leaves
- 2–4 tablespoons mint leaves (to taste)

1. Place all sauce ingredients in a blender, blending in water slowly as needed for desired consistency. Purée until smooth. (Makes 1 cup sauce.)
2. Use a mandolin to slice two of the zucchinis into very thin, long strips. Set strips aside to “wilt” a bit.
3. Slice remaining zucchini into 3-inch matchsticks. Remove stems from basil, cilantro and mint. Place a zucchini strip on a flat surface. Layer the end closest to you with a few zucchini matchsticks, basil, cilantro and mint leaves; roll up on a slight diagonal to secure filling inside strip. Serve with dipping sauce. Refrigerated, sauce will keep for 4–5 days; rolls will keep for 2 days.

PER SERVING: 146 cal, 11g fat (6g mono, 2g poly, 2g sat), 0mg chol, 134mg sodium, 10g carb (2g fiber), 5g protein

SHOPPING LIST

Here's everything you'll need to make the week's worth of low-FODMAP menus for one person. **TRY** these FODMAP-friendly product recommendations.

FRUITS & VEGETABLES

- 2 medium bananas
- 4 kiwifruit
- 2 lemons
- 3 small oranges
- 1 pineapple
- 1 cup raspberries (fresh or frozen, unsweetened)
- 1½ cups frozen wild blueberries
- 11 cups baby spinach
- 2 lbs carrots
- 1 cucumber
- 4 medium white potatoes
- 1 small butternut squash
- ½ cup green beans (fresh or frozen)
- 2 small Thai chiles
- 3 sweet red peppers
- 4 medium tomatoes
- 3 medium zucchini
- 1 bunch fresh cilantro
- 1 pkg fresh basil
- 1 pkg fresh dill weed
- 4 fresh kaffir lime leaves
- 1 pkg mint leaves

PROTEINS & DAIRY

- 8 oz boneless, skinless chicken breasts
- 2 lbs lean grass-fed ground beef
- 5 oz medium boiled shrimp
(**TRY:** Henry & Lisa's Uncooked Natural Shrimp, peeled, tail-on, medium-size)
- 10 oz lean pork loin cutlets
- 4 oz salmon
- 4 oz sirloin steak
- 3 oz turkey breast lunch meat
(**TRY:** Organic Prairie Organic Roast Turkey Breast)
- 7 large eggs
- 18 oz FF plain lowfat kefir
(**TRY:** Lifeway Plain Lowfat Kefir, 99% Lactose Free)
- 12 oz FF lactose-free plain low-fat yogurt (**TRY:** Green Valley Organics Lactose-Free Plain Yogurt)
- ½ gallon lactose-free lowfat milk
(**TRY:** Organic Valley Lactose-Free Lowfat 1% Milk)
- 8 oz reduced-fat cheddar cheese block
- 1/3 cup shredded Parmesan cheese
- 1 tub or box organic butter

GRAINS

- 1 loaf FF bread (**TRY:** Udi's Gluten-Free White Sandwich Bread)
- 1 bag brown rice
- 3 oz thin brown rice Asian noodles
(**TRY:** Annie Chun's Maifun Brown Rice Noodles)
- 1 pkg FF brown rice crackers (**TRY:** Edward & Sons Brown Rice Snaps, Unsalted)
- 1 box FF corn flakes (**TRY:** Erewhon Organic Gluten-Free Corn Flakes)
- 4 oz corn pasta (**TRY:** Mrs. Leeper's 100% Organic Corn Rotelli)
- 1 box cream of buckwheat cereal
(**TRY:** Pocono Organic Cream of Buckwheat)
- 5 oz FF gluten-free pretzels (**TRY:** Gratify Gluten-Free Pretzels, Sea Salt Sticks)
- 1 bag popcorn kernels

NUTS & NUT BUTTERS

- 1 jar natural unsweetened almond butter
- 1 cup raw walnut halves
- 3 tbsp dry-roasted sunflower seeds

MISCELLANEOUS

- 1½ cups FF chicken bone stock
(**TRY:** Pacific Organic Chicken Bone Stock, Unsalted)
- 1 cup FF pasta sauce (**TRY:** Mario Batali Neopolitan Pizza Sauce)
- 1 cup strained jarred tomatoes
(**TRY:** Bionaturae Organic Strained Tomatoes, No Salt Added)
- 1.5 oz FF dark chocolate (**TRY:** Enjoy Life Semi-Sweet Chocolate Chunks)
- 4 FF gluten-free cookies (**TRY:** Schar Gluten-Free Lady Fingers)
- 1 jar FF raspberry spread (**TRY:** Santa Cruz Organic Seedless Red Raspberry Fruit Spread)
- 1½ cups FF raspberry sorbet
(**TRY:** Ciao Bella Pacific Northwest Raspberry Sorbetto)
- 2 tbsp shredded unsweetened coconut

PANTRY STAPLES

- Black pepper
- Iodized sea salt
- Cocoa powder
- White cane sugar

- Liquid stevia extract (**TRY:** NuNaturals Alcohol-Free Liquid Stevia)
- Peppermint extract or food-grade peppermint essential oil
- FF Italian Seasoning (**TRY:** Simply Organic Italian Seasoning)
- Dried basil leaves
- Dried oregano leaves
- All-purpose cooking oil
- All-purpose cooking spray
- Extra-virgin olive oil
- Distilled white vinegar
- FF Dijon mustard (**TRY:** Woodstock Organic Dijon Mustard)
- FF tamari soy sauce
(**TRY:** San-J Tamari Lite 50% Less Sodium Gluten-Free Soy Sauce)



Juicy Green Smoothie

Serves 1, Gluten Free, Vegan, Raw

- ¾ to 1 cup unsweetened coconut water
- 1 handful spinach leaves (about 1 oz)
- Juice of ½ orange (¼ to ⅓ cup)
- ½ small stalk celery with leaves, chopped
- ¼ avocado (cubed)

1. Place all ingredients in a blender and blend until smooth. Add more coconut water to achieve desired consistency.

PER SERVING: 147 cal, 5g fat (3g mono, 1g poly, 1g sat), 0mg chol, 287mg sodium, 22g carb (6g fiber), 4g protein